

(19) World Intellectual Property Organization  
International Bureau



(43) International Publication Date  
21 December 2000 (21.12.2000)

PCT

(10) International Publication Number  
**WO 00/77034 A3**

(51) International Patent Classification: A61K 38/01,  
31/195, 38/16, 38/17, A23L 1/305, A23K 1/16, A61P 3/10

(21) International Application Number: PCT/CA00/00714

(22) International Filing Date: 12 June 2000 (12.06.2000)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:  
2,274,414 11 June 1999 (11.06.1999) CA

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(81) Designated States (national): AE, AG, AL, AM, AT, AU,  
AZ, BA, BB, BG, BR, BY, CA, CH, CN, CR, CU, CZ, DE,  
DK, DM, DZ, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU,  
ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS,  
LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NO,  
NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR,  
TT, TZ, UA, UG, US, UZ, VN, YU, ZA, ZW.

(84) Designated States (regional): ARIPO patent (GH, GM,  
KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZW), Eurasian  
patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European  
patent (AT, BE, CH, CY, DE, DK, ES, FI, FR, GB, GR, IE,  
IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG,  
CI, CM, GA, GN, GW, ML, MR, NE, SN, TD, TG).

Published:

— With international search report.

(88) Date of publication of the international search report:  
12 July 2001

For two-letter codes and other abbreviations, refer to the "Guid-  
ance Notes on Codes and Abbreviations" appearing at the begin-  
ning of each regular issue of the PCT Gazette.

(54) Title: AMINO ACIDS FROM FISH AND SOY PROTEINS IMPROVE INSULIN SENSITIVITY

(57) Abstract: The present invention describes the use of fish protein (namely cod protein) and soy protein to improve the peripheral insulin resistance in a human or non-human animal. Fish and soy protein were administered to rats submitted to high-sucrose or high-fat/sucrose diets, which are animal models for diabetes. It was found that fish and soy protein efficiently control glucose utilization, and that fish protein is particularly effective in muscle tissue. This effect is not observed when rats are given casein. Fish and soy protein are therefore promising for controlling insulin-resistance, diabetes and complications resulting therefrom, such as obesity.

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